

# Healthy Living

*Becoming the Healthiest Community*  
An initiative of the Ipswich Hospital Foundation

## IPSWICH



Image by Talitha Rice Photography

- Simple exercise techniques
- SMART TANK competition
- Healthy weekend ideas
- IHF FIT4LIFE activities

# one mile gift ready to run

See page 5 for the preview of our healthy day at the races.



facebook.com/healthylivingipswich





# What an exciting time of year!

Autumn is upon us and the Ipswich Hospital Foundation calendar is filling up with a host of exciting activities and events that will help promote a healthier lifestyle. Here's just a sample.

Some old favourites –

- **One Mile Gift (OMG)** – on 7th of May at the Ipswich Turf Club as part of the Foundation race day. Runners of all ages and abilities have the opportunity to take home prize money as it is a handicapped event. For the non-runners the best seats in the house are available at the trackside lounge with your support assisting the Ipswich Hospital Foundation.

- **Ipswich Park2Park** – being held for the 12th year on 31st of July at Limestone Park. Besides the usual Half Marathon, 10 km, 5 km run and walk, family challenge and mascot marathon; this year the Half Marathon relay is being introduced. I have already entered my team "The Big Dudes" so come and cheer your favourite team.

Some new activities –

- **#P2PGearUp** – (12 weeks from the OMG date, to prepare to do your best at the Park 2 Park. Extra Fit4Life training sessions are being added (Women's running group; Walk to run group). The Park2Park and parkrun directional signage will be installed in Limestone and Queen's Park so why not challenge yourself. Do a walk or run at the beginning of the



#P2PGearUp and see if you improve by the actual morning of the Park2Park.

- **All Things Healthy** (A Health, Wellbeing & Careers Expo) – 11 June at the USQ Ipswich Campus. Exciting speakers, interactive activities and information stalls will be available at the expo. This is the inaugural year so get involved.

- **Smart Tank** – this is a start-up competition for local high school students which gives the finalists the opportunity to present their health-oriented business ideas at a Smart Tank event where an investment prize pool will be awarded by the judging panel at the final at the All Things Healthy Expo. I am sure we will see some exciting and entrepreneurial ideas coming forward.

There is definitely a variety of activities available so let's take advantage of them.

**Tom Yates**, Executive Officer, Ipswich Hospital Foundation | Tel: 1300 736 428  
E: [healthyliving@ihfoundation.org.au](mailto:healthyliving@ihfoundation.org.au) | W: [ihfoundation.org.au](http://ihfoundation.org.au)

# What healthy activities have you been doing?



We're starting a new type of healthy chat here at *Healthy Living Ipswich*. Tag Ipswich Hospital Foundation on Instagram with @ipswichhospitalfoundation and #ihfhealthyselfie and you could appear in our next issue. Here's some #ihfhealthyselfie's from the past to get you inspired.



@live\_laugh\_love\_1986

Meal prepped my dinners for the week so I don't get caught out and fall off track. Believe it or not I actually really enjoy my tuna, brown rice & mixed greens! I take 425g tin tuna in spring water (drained) and mix with 2 tbspn @melrosehealth coconut oil, 2 tspn crushed garlic, 2 tspn minced chilli, 1 tspn fresh grated ginger, salt and pepper. Mix together and heat to melt oil. Divide into 5 portions! Delish! #thisisactiveliving #healthyliving #healthychoices #mealprep #movenourishbelieve #dinner #ihfhealthyselfie



@jimjam2885

#goodsessiontoday #saunachillin  
#demmondayfeels #liftheavy #ihfhealthyselfie



@springfield\_runner

#springfieldrunnersgroup #rungoatrund



@taz10

5km recovery run today after yesterday's #ipswichaquathlon shenanigans. And it hurt from the moment I hit the footpath! Some runs are definitely easier than others. #trigirlz #swimbikerun #womensrunningaustralia #instarunners #ihfhealthyselfie



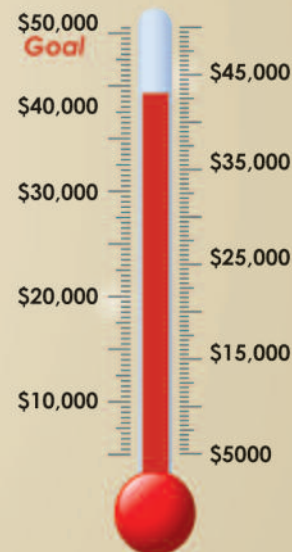
Healthy Living Ipswich magazine is published monthly by Ipswich Hospital Foundation. Advertisers and contributors undertake to ensure that all material does not infringe copyright, trademark, defamation, libel, slander or the breach of confidence, does not contain anything obscene or indecent or does not infringe the trade practices act or other laws, regulations or statutes. Further to the above these persons agree to indemnify the publisher and or its agents against any investigations, claims or judgements. Copyright Ipswich Hospital Foundation. All rights reserved. 70,000 copies published monthly. Home delivered to in excess of 63,000 homes from Walloon to Springfield. Editorial and advertising enquiries to [healthyliving@ihfoundation.org.au](mailto:healthyliving@ihfoundation.org.au). Delivery enquiries: 3275 9200. [www.healthylivingipswich.com.au](http://www.healthylivingipswich.com.au) [www.facebook.com/healthylivingipswich](https://www.facebook.com/healthylivingipswich)

Donate online today!

# Help us raise \$50,000 for the Playground Project



This will be the playground that Ipswich built.  
Visit [www.ihfoundation.org.au](http://www.ihfoundation.org.au) to get involved.







# Easy exercises to build your personal fitness



1a Wall Push-up



1b Bench Push-up



2a Wall Triceps Push-up



2b Bench Triceps Dip



3a Bicep Pull-up



3b Bicep Pull-up



4a Back Extension



4b "Superman/woman"



5a Bent knee Sit-up



5b Bench Sit-up



6a Abdominal twist



6b Abdominal twist

Ipswich Hospital Foundation FIT4LIFE trainer Susan Yates shares some easy exercise techniques you can use to build your personal fitness.

**Autumn is here! With cooler temperatures and perfect skies, it's ideal for fitness boosting in the outdoors (don't forget to apply sunscreen).**

Here's a package of classic upper-body exercises you can do in your local park (or at home). All you need is a mat. We've provided beginner and slightly more challenging versions to encourage you to "get outside and give it a go" no matter what your level of fitness.

Create your own mini-circuit by simply following the program below. We recommend you do 3 – 4 sets of 10 reps for each exercise (or three to four circuits in total). Ideally, include some running or jogging between circuits to top up your cardio-respiratory fitness.

**1a Wall Push-up** – Feet away from wall – palms shoulder height – slightly wider than shoulders – body straight from heels to head – move chest toward wall and push back to straight arms.

**1b Bench Push-up** (kneeling) – knees away from bench – palms slightly wider than shoulders – body straight from knees to head – move chest toward bench and push back to straight arms.

**2a Wall Triceps Push-up** – Feet away from wall – palms shoulder height and width – arms stay parallel throughout – move forearms to wall and push back to straight arms.

**2b Bench Triceps Dip** – Sit on bench – palms beside hips – lift hips off bench – lower to elbows at 90 degrees – push up to straight arm – ankles under knees.

**3a Bicep Pull-up** – Hands on bar shoulder width – extend arms straight – heels to head a straight line – pull body up to bar engaging biceps – NO lower body assistance.

**3b Bicep Pull-up** (kneeling) – Hands on bar shoulder width – extend arms straight – knees on ground – pull body up to bar engaging biceps – NO lower body assistance.

**4a Back Extension** – Lie on stomach – legs together – arms at side, palms up. Pubic bone deep to mat – abdominals drawn in – lift upper body and arms (palms upward) – eyes down, neck long – shoulder blades draw in and down – hold 5 secs.

**4b "Superman/woman"** – All fours – hands/knees to mat – extend right leg/left arm (palm inward) – abdominals drawn in – shoulder blades drawn in and down – hips even – eyes down – neck long – hold 5-10 secs. – repeat other side.

**5a Bent knee Sit-up** – Lie on mat – soles of feet to mat/knees at 90 degrees – slide hands up thighs until elbows reach knees (or as far as possible) – slide back to start.

**5b Bench Sit-up** – Lie on mat/heels on bench – hands on thighs – slide hands to ankles (or as far as possible) engaging abdominals deeply – slide back to start.

**6a Abdominal twist** – Sit with heels on mat/knees at 90 degrees – lean upper body back to engage lower abdominals – index fingers/thumbs together – twist body to lightly tap elbow to mat (don't lean) – alternate sides.

**6b Abdominal twist** (challenging) – As in 6a (above) and lift heels off mat – aim for lower legs parallel to mat.

**You can join our regular Fit4Life classes from as little as \$5 per session or take pick up a IHF Fit4Life Membership special offer of just \$15 for unlimited classes each fortnight. Visit [www.ihfoundation.org.au](http://www.ihfoundation.org.au) for full details.**





# SMART TANK comp is bubbling away

**The Ipswich Fire Station on Limestone Street has recently been converted into an exciting new collaboration space for our community.**

Fire Station 101 was officially launched in March this year as an innovation hub in the heart of Ipswich to help start-ups, entrepreneurs and innovators give it a go to rapidly create and grow their business.

The hub's community manager Chad Renando is passionate about encouraging a focus on innovation in health and sees that the Ipswich Hospital Foundations aim for Ipswich to become the healthiest community in Australia can be advanced in this way. He also emphasizes that innovation for health is not limited to those working within the health service and that great ideas can come from anyone in our community.

"We see great ideas from people using technology in new ways to support loved ones receiving aged

care, help friends pursue personal fitness goals, or manage their own dietary requirements. Some of the best innovations are found from personal experience."

The Ipswich Hospital Foundation and Fire Station 101 will be working together to encourage innovation in health with a workshop event held at the hub in May where a panel of representatives from the health and wellbeing sector will facilitate a discussion around innovation in the industry.

We are also encouraging local high school students with innovative health ideas to submit them through our Smart Tank start-up competition. Entries for the competition are now open and the prize pool includes a sponsored 3 month membership at the Fire Station 101.

**For further information visit [www.ihfoundation.org.au](http://www.ihfoundation.org.au) or contact Jacinda on 1300 736 420 or [jacinda@ihfoundation.org.au](mailto:jacinda@ihfoundation.org.au)**



Smart Tank organiser Jacinda Chisholm and Fire Station 101 Director Chad Renando put the focus on innovation.

## Do you have a health-orientated business idea? We'd like to fund your Smart Start-Up!

# SMART TANK



#### What is the Ipswich Smart Tank Competition?

A start-up competition for local high school students which gives finalists the opportunity to present their health-orientated business ideas at a Smart Tank event where an investment prize pool will be awarded by our judging panel.

#### How do I enter?

Entries can be submitted online via [www.ihfoundation.org.au](http://www.ihfoundation.org.au). You will need to provide your contact information and the answer to two questions:

1. What is your business idea or invention?
2. How does this idea or invention improve people's health and wellbeing?

We encourage you to upload photos and videos as a part of your entry. Entries must be received by the 11 May 2016 in order to be eligible.

#### What happens next?

Ten finalists will be selected to present their idea to a judging panel and audience at the **All Things Health Expo** being held at the University of Southern Queensland on the 11 June.

**Finalists will be given feedback on their idea by our specialist judges in addition to the possibility of being awarded some of the \$3,000 investment prize pool.**

Additional cash prizes, mentoring or support services may also be offered to any finalist for their start-up by the judging panel, or audience members.

**Please see our website for a full list of Terms & Conditions.**





# One Mile Gift presents a healthy day at the races

**The 2016 One Mile Gift (OMG) Race Day is back this year on Saturday 7th May.**

Thanks to the support of official presenting partners St Andrews Hospital Ipswich and Savage Pest Control, the foot race component of the Saturday Race Day at the Ipswich Turf Club can go ahead as we continue to support those in the community who lead a healthy lifestyle.

The Queensland Athletics League, Ipswich & District Athletics Club and Galeforce Running Squad are also sponsors of the day bringing a wealth of track knowledge to the organising team.

Ipswich Hospital Foundation events coordinator Ashton Greaves said OMG is a unique handicap event, which enables runners of all ages and abilities to take out the prize money!

"Participants are provided with a handicap based on previous best times (over a variety of distances) at the final discretion of the handicapper."

"Being the fastest runner in Queensland does not guarantee that you will win... you will have to work hard for your place."

The bookies are even taking bets on the Open One Mile race for race goers!

This year the Ipswich Park2Park will be officially launched at the OMG Race Day so make sure you come along for a preview of what Park2Park 2016 has in store.

For the best seats in the house, grab your tickets to the trackside lounge with family and friends.

**Visit [www.ihfoundation.org.au](http://www.ihfoundation.org.au) to purchase tickets.**



2015 One Mile Gift competitors set the pace for the big race again in 2016.

## Bowen Therapy



**Sam Hamilton**  
*Bowen Therapy Specialist*

**Bowen Therapy is a gentle healing technique that can assist with a wide range of ailments including Sciatica, back pain, leg, hip, groin, ankle or foot pain, circulatory, digestive issues along with eyes, ears, sinus and just about any imbalance in the body both inside and out.**

Here are the cases of two people from my practice who responded well to the Bowen Technique:

Greg, 52, had chronic spasms in his neck and shoulder. He found it hard to relax. He worked too hard and took his problems home from work. During his Bowen treatment, Greg went into a very deep

state of relaxation, nearly asleep. When the treatment was finished, he said that he had not felt that kind of deep rest in years. The effect stayed with him and his pain completely went away within a week after his second treatment. He then took his first holiday in a decade. He returned for monthly maintenance treatments to keep his body pain free and in superb condition.

Jill, 49, had asthma and chronically swollen, painful knees. Bowen Therapy was able to relieve her bronchial spasms and allow freer breathing. Her knees, however, had a complete reduction in swelling and pain, and considerably increased mobility. Now she can go up and down stairs without pain.

These kinds of results are common for the Bowen Technique. Simple, gentle, deep and rapid, this is Tom Bowen's healing legacy. It is truly a wonder from down under.

**For further information visit [www.bowen-therapy.net.au](http://www.bowen-therapy.net.au)**

**Walking Schools**

Walking Schools is an Ipswich Hospital Foundation initiative which increases physical activity for school children by establishing a walking club which meets to walk together on school ground before classes start. The program is being supported by qualified health and fitness professionals in our community who are passionate about keeping Ipswich kids fit.

**Register your interest: [info@ihfoundation.org.au](mailto:info@ihfoundation.org.au)**

[www.ihfoundation.org.au](http://www.ihfoundation.org.au)





# Spend a healthy weekend at Ipswich food markets



**Ipswich Farmers and Artisan Markets greeted the Healthy Living Ipswich team and friends with open arms on Saturday, 2nd April.**

A good selection of stallholders filled the Ipswich City Square offering organic, farm fresh produce, delicious (yet naughty) homemade treats, crafts, flowers and most importantly a steaming hot coffee!

The team was pleasantly surprised to hear live entertainment upon approaching – this really did give the market a feel-good vibe.

The paddock to plate market experience is what market organiser Shane Rice is hoping to achieve and we certainly think he has done that.

Official Healthy Living Ipswich rating: 9/10



**Other activities in the Ipswich region on the weekend menu:**

- Ipswich QLD parkrun – 7am, every Saturday meet at Bill Paterson Oval Limestone Park

- Ipswich Flea Markets – from 6am, every Sunday at Ipswich Showgrounds
- Oz Night Markets – every Saturday 5.30pm until 9.30pm at Booval Fair



## New four-strain vaccine to help combat flu season

**West Moreton residents will have added protection this Winter against deadly influenza with a new four-strain vaccination available. Each year the influenza vaccination is governed by the World Health Organisation based on the flu season in the northern hemisphere.**

West Moreton Hospital and Health Service Infection Prevention Specialist Denise Noy said the upgraded vaccine will be made available to the public from mid-April.

“While last year’s flu vaccine contained protection again three strains of influenza, the World Health Organisation has upgraded the vaccine in a move to boost protection for everyone in the community,” Ms Noy said.

“The new 2016 vaccine will cover two A strains of influenza and two B strains of influenza. A yearly vaccination can provide individuals with protection from the flu which lasts up to twelve months and is highly recommended for health-care workers, pregnant women, older people or individuals with an underlying medical condition.

Ms Noy said many people in the community refer to the common cold as the flu, however the flu is much more severe and has the potential to develop into a serious medical condition.

“The early symptoms of a cold or flu are similar, however while a cold can last seven to 10 days, the flu can last several weeks. The flu is highly contagious and the symptoms are more severe which often lead to more serious illnesses including pneumonia and hospitalisation,” Ms Noy said.

“In addition to a runny nose, sore throat and coughing, flu sufferers may also experience an intense headache, a sudden onset of high fever, muscular pains and extreme fatigue. The most effective form of prevention is to ensure you have a flu vaccine now before winter starts because it takes two weeks for the vaccine to take effect. The vaccine will stimulate the body’s immune system; helping to fight off any infection,” she said.

Flu vaccinations are available through general practitioners or selected pharmacies.





**Be inspired, be informed, be healthy is the take home message of the All Things Healthy Expo coming up on Saturday, 11 June.**

The All Things Healthy – A Health, Wellbeing and Careers Expo has been developed for our community by our community through a collaboration of a wide range of organisations; Ipswich Hospital Foundation, West Moreton Hospital and Health Service, St Andrew's Private Hospital Ipswich, University of Southern Queensland, TAFE Queensland South West, Department of Education and Training, Health and Community Services Workforce Council, Ipswich City Council, Department of Employment, Darling Downs West Moreton PHN and the Queensland Times.

The event will inspire, inform and connect community to the vast Health and Wellbeing providers across our region through career, training and education pathways.

**Attendees can expect:**

- Live cooking and exercise demonstrations
- Interesting and informative talks



## A HEALTH, WELLBEING & CAREERS EXPO

# ALLTHINGSHEALTHY

*Be inspired! Be informed! Be healthy!*

- Competitions and prizes
- Informative stallholders

**Service providers:**

If you provide Health and Wellbeing Services to the people of our community, love inspiring people towards their future Health

and Community Service careers, and are passionate about creating healthy changes in people's lives then consider sponsorship at the All Things Healthy event. Stallholder cost is \$100 or \$50 for non-for-profit organisations. What

you get:

- prominently positioned stalls throughout the expo space
- media coverage including social media
- Chance to link up with potential customers or future employees

**Mark your diary!**

**All Things Healthy Expo**

**Saturday 11 June 2016**

**10am - 2pm**

**University of Southern Queensland**

**11 Salisbury Road, Ipswich**

# Countdown to Park2Park

## Choose your pace, choose your race

**The Ipswich Park2Park fun run is back in the front of our minds at Ipswich Hospital Foundation and here are some reasons it should be in yours too!**

- 1) Event registrations are officially open.
- 2) The official event launch is being held in great style at the One Mile Gift race day on Saturday, 7th May – always a great day. Get tickets at [www.ihfoundation.org.au](http://www.ihfoundation.org.au)
- 3) A never-seen-before in Ipswich running event is coming to Ipswich Park2Park. The half marathon relay. Check [park2park.com.au](http://park2park.com.au) for a full run down.
- 4) Permanent signage is being erected by Ipswich City Council for both the Park2Park track and parkrun – training made easy.

5) If you like to train in a group setting Ipswich Hospital Foundation is adding more running groups to the Fit4Life schedule in the lead up to Park2Park.

Ipswich Park2Park 2016 also boasts some fabulous sponsors and supporters who are helping make this event so spectacular.

Ipswich Park2Park event organiser Ashton Greaves said she would like to officially welcome our major sponsors.

"The University of Southern Queensland is the official presenting partner for the 2016 event supported by major sponsors Ipswich City Council, Exact Radiology, Walker Pender and Catalyst Church,"

"The Ipswich Park2Park will be officially launched along with the #p2pgearupfestival which

signifies the start of a 12 week challenge to Park2Park Sunday, 31st July."

#p2pgearupfestival encompasses a whole of community challenge which includes the One Mile Gift, Ipswich Park2Park Launch, extra weekly training sessions, the All Things Healthy Expo and lots more.

**2016 Park2Park Events:**

- Half Marathon
- Half Marathon Relay
- 10KM Run
- 5KM Run
- 5KM Walk
- Family Challenge
- Mascot Marathon

**For more information visit**  
**[www.park2park.com.au](http://www.park2park.com.au)**







## Trivia night raises funds for Ipswich Hospital

The IHF Fundraising Team would like to sincerely thank those who attended the Trivia Night in March.

We would also like to make a special acknowledgment to those team leaders who organised tables. This can sometimes be a difficult job! We applaud you.

Your ticket sales, drinks, cupcakes, bought answers and raffle tickets purchased all contributed to a total of approx \$3000!

This means that the Playground Project total now reads a huge \$41,000!

Watch the Ipswich Hospital Foundation Facebook page for updates on the playground progress and the next Trivia night! Images taken on the night will also be up on Facebook. Be sure to tag yourself.



## Breakfast for Blokes highlights men's health issues



The Ipswich Hospital Foundation hosted a hard hitting Breakfast for Blokes in March with help from the Coffee Club Riverlink.

A panel of medical and community professionals were on hand over breakfast to answer anonymous health questions from the public.

West Moreton's own Dr Ken Piaggio from the Mental Health Unit, Board member Paul Casas and Cardiac Rehab's Steve Woodruffe joined the panel for the informative event.

IHF would like to thank the panel members who at times shared personal health experiences and the attendees who submitted gritty questions.

**If you have an idea or suggestion about topics for the next Breakfast for Blokes please contact [chelsea@ihfoundation.org.au](mailto:chelsea@ihfoundation.org.au) or 1300 736 428.**

**A Lunch for Ladies is upcoming in a similar format on 20 May.**







**Sabra Manttan**  
Journalist

*Healthy Living Ipswich* contributor Sabra Manttan has a passion for food. Not just any food but healthy food that's fun to make and delicious to eat. Sabra is a qualified and practiced journalist who has returned to University to study Nutrition. Keep reading *Healthy Living Ipswich* magazine for more of her healthy eating tips in coming months.

Find out more at [facebook.com/healthylivingipswich](https://facebook.com/healthylivingipswich)

## Nourish Café serves organic delights

**Located in Brisbane Street, Nourish Café brings a welcome breath of fresh air and delicious nutritious food to the historic main street of Ipswich.**

Nestled with the confines of the newly refurbished Circa160 precinct, the Nourish menu focuses on organic, ethically sourced and sustainable produce. With a rotating menu according to seasonal produce the current menu appeals to the sustainable warrior in us as well as our tastebuds.

You are guaranteed not to leave Nourish hungry with options to suit the fussiest of eaters as well as seamlessly catering to the needs of vegetarian, gluten and dairy free customers. From nourishing, fresh Acai bowls and warming, hearty Shakshoukas to crunchy sweet potato fries and leafy green salads Nourish provides not only an amazing culinary experience but an ethically derived one at that. Their choice to source

seasonal and organic produce aligns pivotally with the need to reassess current worldwide food practices with the ever increasing concern on food sustainability for future generations, not to mention the added health benefits of choosing organic.

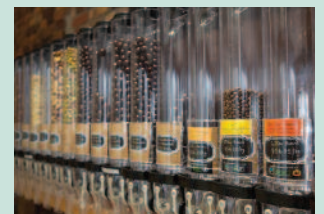
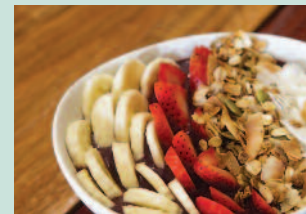
For the coffee drinkers Nourish provides not only the perfect cup but again an ethical choice through the use of Jasper Coffee a certified organic, Fairtrade and carbon neutral supplier. If you're searching for a fulfilling meal option, then Nourish is the clear choice for the health of both your body and mind.

### Nourish Real Food Café

160 Brisbane St, Ipswich QLD 4305

Phone: (07) 3143 1566

Friday	7am–3:30pm
Saturday	7:30am–2:30pm
Sunday	7:30am–2:30pm
Monday	7am–3:30pm
Tuesday	7am–3:30pm
Wednesday	7am–3:30pm
Thursday	7am–3:30pm



## Grandchester does it again!



The Grandchester Social Club presented Ipswich Hospital Foundation's Chelsea Rees with a \$2000 cheque in March to support the Sunshine Children's Ward at Ipswich Hospital.

**Grandchester Community Social Club continue their support of the Sunshine Children's Ward at Ipswich Hospital with a \$2000 donation this quarter.**

The group raised the valued funds through catering for Epic Rides events held at Spicers Hidden Vale and their frequent raffles.

Grandchester Community Social Club member Mondy Anderson said she has enjoyed the relationship with Ipswich Hospital Foundation over the years.

"I and the rest of our club really enjoy fundraising for those who really need it."

"I also enjoy visiting the Children's Ward to see where the money is helping – this time it is going to help build a brand new playground," she said.

Sunshine Children's Ward Nurse Unit Manager Marlene Keen said in the time she has had charge of the ward the club has helped provide the children with many quality facilities and entertainment tools.

"The people of the Grandchester Social Club are truly selfless and I cannot wait to show them around the new playground once completed.

**To donate visit [ihfoundation.org.au](http://ihfoundation.org.au) or contact Chelsea on [chelsea@ihfoundation.org.au](mailto:chelsea@ihfoundation.org.au).**

## Swap Works Burger for a filling Turkey Burger



### Healthy Food Swap Recipe

by Sabra Manttan

- Seeded whole meal bread roll
- Turkey Mince
- Herbs - to taste
- Egg to help mold the mince into patties
- Lettuce, carrot, beetroot, pineapple, cheese

Keeping along the turkey mince lines you can also make delicious hamburger patties by simply adding some herbs and moulding the

mince into patties with the help of an egg. Shred up some lettuce, carrot and get out the beetroot and pineapple to sculpt your burger into a masterpiece with a seeded whole meal bread roll as the base. While still maintaining its place as an essential Australian meal by making small changers to the beloved burger will ensure that you are not only well fed but that your body receives all the nutrients it needs to function at its fullest.





## IHF Membership comp winners

**Earlier this year Ipswich Hospital Foundation encouraged community members to sponsor a friend who they thought could benefit from an IHF Membership!**

There were six memberships given away for a period of six (6) months. The lucky winners won:

**Membership includes:**

- Unlimited Fit4Life classes
- Discounts to IHF's Healthy events
- Your own membership card
- Member prize draws
- Be part of a bigger group striving to *Become the Healthiest Community*

This month we check in with two of our new IHF Members.

**Name: Mathew White**

**Age: 41**

**Fitness level (beginner, intermediate, advanced):**  
I'd say intermediate.

**How many times a week do you like to exercise?:** 3 to 4

**Why do you like IHF Fit4Life Classes?:**  
I like IHF Fit4Life classes because they are low cost and you can go at your pace.

**How has the complimentary IHF Membership helped you?:** It has let



me advance my fitness more.

**Name: Tanya Thomson**

**Age: 29**

**Fitness level (beginner, intermediate, advanced):**  
Intermediate.

**How many times a week do you like to exercise?:** 4

**Why do you like IHF Fit4Life Classes?**  
The Instructors are always friendly and willing to help,



and it's a great variety of exercises/classes.

**How has the complimentary IHF Membership helped you?:**

It has got me trying different classes that I probably wouldn't have tried if I didn't have the membership. It's also so much easier not having to worry about taking my money with me just my little card that's on my keys.

## Audrey turns 80

**Audrey commenced her career with the West Moreton Hospital and Health Service as a volunteer Librarian in 1992. Whilst there she lead the installation of the lending system.**

24 years later she is celebrating her 80th birthday at Ipswich Health Plaza where she now volunteers every Wednesday. In that time Audrey has held card making in the rural hospitals and been a guest speaker at numerous events. Audrey says nowadays she does a range of things for the Women's Health Team to help make their jobs a little easier.

"I catalogue leaflets and brochures ensuring they are all up to date and I visit each desk in the morning to make sure each person has a scribble pad and pen available.

"Sometimes I just need to lend an ear or a shoulder for a cuddle while our clients wait for their



appointments.

"One of my most memorable days with the team was as situation where a client who had come in from a rural area and really needed someone to talk to. I was glad I could be that person for her."

Ipswich Hospital Foundation volunteer coordinator Judy Andrews said "Audrey has a huge heart, kind nature and an excellent sense of humour and I am sure I can speak on behalf of the Women's Health team when I say we are lucky to have her."



# Can you lend a Helping Hand?

## VOLUNTEERS NEEDED for the Ipswich Hospital Foundation



Helping Hands volunteers provide supplementary care to elderly patients, primarily focusing on those who are confused or cognitively impaired. The volunteers assist in maintaining safety and improving the hospital experience by providing practical support, comfort and supervision.

If this sounds like something you would be passionate about please contact Judy Andrews on 3466 5004 or [judy@ihfoundation.org.au](mailto:judy@ihfoundation.org.au)

**Phone 3466 5004 or visit [www.ihfoundation.org.au](http://www.ihfoundation.org.au) to learn how you can help!**





## Get Fit4Life for less cost



For just a \$15 donation per fortnight you are entitled to unlimited Fit4Life classes, discounts to IHF healthy events and merchandise, member's prize draws and your own membership card.

The IHF membership will not only save you money if you are a regular attendee at IHF activities, it will mean you have membership to a group which is striving to Become the Healthiest Community in Australia.

Visit [www.ihfoundation.org.au](http://www.ihfoundation.org.au) to join.



Please note some venues/sessions will change in May due to the change of season, please call or check the website for full details.

## FIT4LIFE Low Cost Fitness Activities

Ipswich Hospital Foundation provides a variety of affordable fitness activities each week. For detailed information please visit [www.ihfoundation.org.au](http://www.ihfoundation.org.au) or phone 1300 736 428. Maximum class cost \$5.

Autumn Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Full Body Fitness</b> Bundamba State Primary School				5.30pm		
<b>Redbank Walking</b> Redbank Plaza	7.00am				7.00am	
<b>Boxercise</b> Lobley Park Churchill			5.30pm			
<b>Circuit in the Park</b> Limestone Park		9.00am				
<b>Running</b> Bill Paterson Oval Limestone Park	5.30pm		5.30am		5.30am	
<b>Energiser</b> Amberley District State School	5.30pm					
<b>Riverlink Walking</b> Riverlink Shopping Centre		7.00am		7.00am		
<b>Circuit in the Park</b> Lobley Park, Churchill	5.30pm					
<b>Mums &amp; Bubs Fitness</b> Queens Park Nature Centre				8.30am		
<b>Circuit in the Park</b> Robelle Domain stage					9.00am	
<b>Low Impact</b> Ipswich North Uniting Church Brassall	10.00am					
<b>Orion Walking</b> Orion Springfield Central			7.00am			
<b>Park Run</b> (near) Bill Paterson Oval Limestone Park						7.00am
<b>Aqua Fitness</b> Leichhardt Swim Centre		6.00pm		9.30am		

## Healthy Living Health & Fitness Directory

To feature your health and fitness service in the *Healthy Living Health & Fitness Directory* phone 1300 736 428.



AND  
BETTER

You can't turn  
back the clock,  
but you can  
wind it up again!

## Weekly fun fitness activities for the 60 and better!

### Square Dancing

Beginners Monday 12.00-1.00pm  
1.00-3.00pm  
\$3, \$6 Caller costs  
Annex, Humanities Building  
56 South Street Ipswich

### Boccia

Tuesday 9.00-12.00pm  
\$2 donation welcome  
Includes morning tea  
Annex, Humanities Building  
56 South Street Ipswich

### Table Tennis

Tuesday 1.00-4.30pm  
Friday 1.00-4.30pm  
\$2 donation welcome  
Bring afternoon tea to share  
Annex, Humanities Building  
56 South Street Ipswich

### Tai Chi for Diabetes

Wednesday 2.00-3.00pm  
\$5 instructor costs  
Cafeteria, Level 1,  
Humanities Building  
56 South Street Ipswich

For further information please contact Ipswich 60 and Better Program on 3282 8644 or [www.60andbetteripswich.com.au](http://www.60andbetteripswich.com.au)

Tried everything?  
**NOW TRY**  
**Bowen Therapy**

**OPEN 6 DAYS**  
**PER WEEK**

**Sue Hamilton's**  
**bowen therapy**  
at Karana Downs

....a blissfully gentle healing technique that will help  
Sciatica, upper/lower/mid back pain, hip, leg, groin, knee,  
ankle & foot pain Shoulder, elbow, wrist, neck & jaw pain.

Digestive, circulatory, elimination & lymphatic (fluid) issues, eyes, ears,  
sinus, and just about any imbalance in the body both inside and out!

For an appointment please phone clinic 3201 1959  
[www.bowen-therapy.net.au](http://www.bowen-therapy.net.au) • [sue@bowen-therapy.net.au](mailto:sue@bowen-therapy.net.au)



## SWITCH TO A BETTER BODY

"YOU'VE GOT TO BE WILLING TO CHANGE TO SEE A CHANGE"

12 WEEK BODYSWITCH CHALLENGE IS THE KICK START FOR THE NEW, HEALTHIER YOU. IN JUST 12 WEEKS YOU WILL COMPLETELY TRANSFORM YOUR LIFE. IF YOU WANT TO LOSE WEIGHT, INCREASE YOUR FITNESS LEVEL OR IMPROVE YOUR HEALTH, THIS FITNESS CHALLENGE WILL GIVE YOU THE SUPPORT AND ENCOURAGEMENT YOU NEED.

CHALLENGE STARTS FEBRUARY 15.  
30 WORKSHOP ST, BRASSALL QLD 4305

**PHONE: 0428 621 200**

EMAIL: [kody@bodyswitch.com.au](mailto:kody@bodyswitch.com.au)







presented by



UNIVERSITY  
OF SOUTHERN  
QUEENSLAND



walkerpendergroup  
LAWYERS  
IPSWICH & SPRINGFIELD  
Ph (07) 3813 7838



1 MAY - 31 JULY 2016

Half Marathon  
Half Marathon Relay  
10KM  
5KM Run  
5KM Walk  
Family Challenge  
Mascot Marathon

www.park2park.com.au  
**31 July 2016**

Launching the #P2P Gear Up Festival

P2P LAUNCH DAY



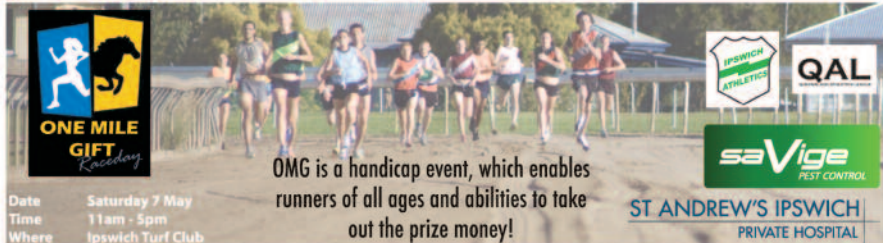
Date Saturday 7 May  
Time 11am - 5pm  
Where Ipswich Turf Club

*Ipswich Hospital Foundation Race Day*

Tickets & tables available for purchase



Date Saturday 7 May  
Time 11am - 5pm  
Where Ipswich Turf Club



Date Saturday 7 May  
Time 11am - 5pm  
Where Ipswich Turf Club

OMG is a handicap event, which enables runners of all ages and abilities to take out the prize money!



Date Wednesday 4 May  
Time 6.00pm - 8.00pm  
Where Fire Station 101, 101 Brisbane St

Join us for an exciting discussion around innovation in health facilitated by a panel of experts in the industry.  
Drinks & nibbles provided.



Date Friday 20 May  
Time 11.45am  
Where Ipswich Club

West Moreton Hospital and Health Service

ST ANDREW'S IPSWICH  
PRIVATE HOSPITAL

• Stallholders • Interesting and informative talks  
• Live cooking demonstrations • Competitions and prizes

Date Saturday 11 June  
Time 10am - 2pm  
Where University of Southern Queensland, Ipswich

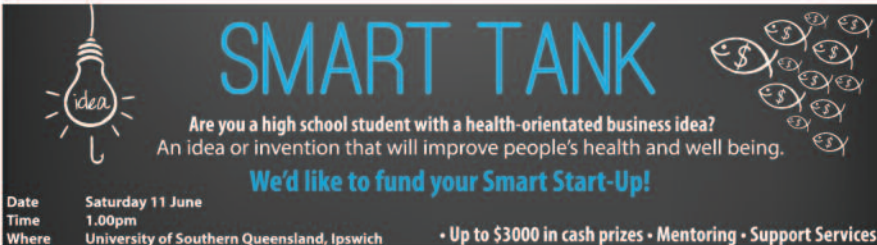
UNIVERSITY  
OF SOUTHERN  
QUEENSLAND

A HEALTH, WELLBEING & CAREERS EXPO



**ALL THINGS HEALTHY**  
Be inspired! Be informed! Be healthy!

Stallholder enquiries: allthingshealth@ihfoundation.org.au



Date Saturday 11 June  
Time 1.00pm  
Where University of Southern Queensland, Ipswich

• Up to \$3000 in cash prizes • Mentoring • Support Services



Date Monday - Saturday  
Time Various  
Where Various

• Low cost sessions • Qualified trainers  
• All fitness levels • No booking required  
• Extra running sessions added for P2P training!  
Maximum of \$5 per class OR \$15 a fortnight for UNLIMITED Fit4Life classes

Check out our full timetable of classes online now



Date 1 May - 31 July  
Time 24/7  
Where Anywhere



#IHHealthySelfie

HOW?

Step #1 Take a Healthy Selfie  
Step #2 Upload to Instagram  
Step #3 Use the hashtag #IHHealthySelfie  
Step #4 Follow us @IpswichHospitalFoundation  
Step #5 Look out for monthly winners on our page!



Date Sunday 10 July  
Time 9.00am  
Where Fernvale / Lowood

www.railtrailfunrun.com.au